

# WHAT TO BRING

*For your convenience, Dreamride stocks necessary products associated with mountain biking, from clothing to hydration packs to bikes, wheels, tools and components. If you have a specific request for a complete bicycle, custom part, article of clothing or any related item, it can be waiting for you when you arrive.*

**Food:** *While we provide after-ride snacks and beer for Elite level parties, Dreamride does not stock or provide food for or during each daily ride (except in emergencies). If you have a special dietary need, call 1-888-MOABUTAH and ask about available foods in Moab. Dreamride offers chef services to private parties and Elite level groups at \$35 an hour plus food costs. Servers and other special meal services are also available. We can provide any menu except Kosher.*

**Personal items:** *Aside from your toothbrush, we recommend bringing +15 or higher sunblock, hiking shoes, swimsuit, camera and film (digital is best for vacation shots—35mm slide film is best for professional quality action or landscape photography), cell phone, lap-top computer, bandanas or Headsweats (we stock Headsweats).*

**Equipment:** *Your own personal clipless pedals are probably best, though we have a selection available as part of your rental. Your own helmet is best, though we have them as part of your rental. If you are attached to your saddle, bring it with you, but our saddles are comfy and suitable for technical riding. You will need a comfortable and secure hydration pack that carries at least 100oz. of water and all needed gear along with two large water bottles. We offer body armor to anyone who wants it, but if you have your own, bring it along.*

## **March – October Clothing**

Upper body under layer (moisture wicking long sleeve shirt), at least two bike jerseys, at least two pair of bike shorts, tights, two pair full finger gloves, bike shoes (if you use Frog pedals, bring an extra pair of cleats), three pair medium weight wicking socks, a light-weight fleece top (necessary during cold snaps, especially at high altitude), a wind breaking upper layer (thin nylon), a rain jacket designed for biking, headband and/or helmet cover. For around town, bring shorts and t-shirts in the summer and jeans and jackets for the spring and fall.

## **November – February Clothing**

**To the above, add:** Shoe covers and/or Gore-Tex socks, a medium weight fleece top, knee warmers, extra tights, winter gloves (with an extra pair of full finger gloves), helmet cover, and a fleece earband or wool or fleece cap. In winter it is advisable to carry your own emergency kit with a lighter and matches, extra food, space blanket, and first aid supplies. Weather changes sometimes make it necessary to substitute a hike or ski trip. Bring XC ski and/or hiking gear if you have it.

## **Bringing Your Own Bike**

Your own bike may *not* be the best, so we rent the best, but if you have a worthy steed, go to our website at [www.dreamride.com/travelservices.html#bike](http://www.dreamride.com/travelservices.html#bike) for helpful tips on packing and shipping. If you plan on riding your own bike, you must have tools and any needed replaceable components specific to your bike (derailleur hangers, fork valve adapters, shock pumps, special wrenches, etc.). If your bike does not have at least two water bottle mounts, be prepared to carry more water in your pack. We recommend full suspension bikes and at least Shimano LX level components. We carry Thudbuster seatposts if you bring a

# QUESTIONNAIRE

*To better serve you, for safety's sake, and, in the case of non-private packages, to facilitate additional riders that may wish to join your group, please fill out the form below and return it with your waiver. Failure to return these forms in a timely manner may result in cancellation.*

Name: \_\_\_\_\_ ☐ Male ☐ Female ☐ Other

Age? \_\_\_\_\_ Weight? \_\_\_\_\_ Height? \_\_\_\_\_ Nationality? \_\_\_\_\_

Any existing health problems, handicaps, recent surgeries, heart disease in the family, asthma, allergies?

☐ Yes ☐ No If so, explain on back of form.

Have you ever had an accident on your bike that resulted in an injury? Come on now, be honest.

☐ Yes ☐ No If so, explain on back of form.

Have you ever experienced vertigo or have an unnatural fear of heights or vertical exposure? ----- ☐ Yes ☐ No

How long have you been riding a mountain bike?

☐ Less than a year ☐ 1 to 2 years ☐ 3 years ☐ 4+ years

How often do you ride?

☐ Once a week or less ☐ Twice a week ☐ More than twice a week

What brand and style of bike do you ride and how much did you pay for it? \_\_\_\_\_

Did you build up your own bike? ----- ☐ Yes ☐ No

Do you personally perform required maintenance on your bike? ----- ☐ Yes ☐ No

Do you ride with front suspension? ----- ☐ Yes ☐ No

Do you ride with rear suspension? ----- ☐ Yes ☐ No

What type of pedals do you use?

☐ Plain pedals ☐ Clips and straps ☐ Clipless pedals - what kind? \_\_\_\_\_

Where do you ride and on what kind of trails?

What kind of riding do you prefer?

☐ Singletrack ☐ Desert jeep roads ☐ Rugged open terrain ☐ Dirt roads ☐ Slickrock  
☐ Fire road ☐ High altitude ☐ Climbing ☐ Downhill ☐ Pavement ☐ Jumping

Do you ride a road bike? ----- ☐ Yes ☐ No

Do you or did you ride BMX bikes? ----- ☐ Yes ☐ No

Have you ever ridden off road on a motorcycle? ----- ☐ Yes ☐ No

Do you, or have you ever, raced bicycles? ----- ☐ No ☐ Yes - ☐ Road ☐ Mountain

And at what level? ----- ☐ Beginner ☐ Sport ☐ Expert ☐ Professional

Do you see yourself as a ☐ novice ☐ intermediate ☐ advanced or ☐ expert rider?

Have you ever taken a class in mountain bike skills, safety, and/or maintenance?

☐ Yes ☐ No If so, with whom? \_\_\_\_\_

Are you qualified in First Aid and CPR? ----- ☐ Yes ☐ No ☐ First Responder

Just what do you want from your mountain bike vacation with Dreamride?

☐ Safety ☐ Physical challenge ☐ Technical challenge ☐ Wilderness experience  
☐ Wildlife viewing ☐ Extreme riding ☐ Scenery ☐ Action photography  
☐ Landscape and/or portrait photography ☐ Social interaction ☐ Try a new bike

Where did you hear about Dreamride?

☐ Magazine ☐ Web site ☐ Word of mouth ☐ Friend ☐ I am a repeat client ☐ Other \_\_\_\_\_

Why did you choose Dreamride?

☐ Quality ☐ Small groups ☐ Recommendation ☐ Experience ☐ Environmental focus  
☐ Access to little known riding areas ☐ Other \_\_\_\_\_

Did you read the accompanying waiver fully before signing it? Come on now, read it ----- ☐ Yes ☐ No

Do you plan to return to Moab in the future? ----- ☐ Yes ☐ No ☐ Maybe

Please state on the back of this form any comments, questions, or suggestions you may have that could possibly help us in serving you.

Signed \_\_\_\_\_ Date \_\_\_\_\_

# WAIVER ~ statement of risks and client responsibilities

Name(s) and age(s) of participant(s): \_\_\_\_\_

\_\_\_\_\_

Specific package & dates: \_\_\_\_\_

Moab lodging: \_\_\_\_\_

Person(s) and phone number(s) to notify in case of emergency: \_\_\_\_\_

\_\_\_\_\_

1. I, the undersigned participant, being eighteen years or older, or the legal guardian of participants under the age of eighteen, in consideration of services rendered by Dreamride LLC, do hereby waive on my behalf and that of my heirs, any and all claims, causes of actions, or demands of any kind against Dreamride LLC, its employees, officers, and agents for any injuries, death, illness, or material loss that may occur from participation by myself and those under my legal guardianship in any activities led, guided, or instructed by Dreamride officers, agents, and/or employees, and through use of Dreamride rental equipment.
2. I understand that recreational endeavors such as mountainbiking, skiing, swimming, canyoneering, and hiking are, by nature, inherently dangerous and that with each of these activities comes risk of injury or death. I understand and agree that for the duration of the above mentioned tour I am fully responsible for my health and safety, as well as the health and safety of above mentioned minor(s) under my legal guardianship, and I accept and assume all responsibility for injury, death, or property damage arising from participation in these activities and through use of Dreamride rental equipment.
3. My participation in Dreamride tours and rentals is purely voluntary and I elect to do so in spite of risks. These risks include, but are not limited to, the following dangers: 1. Latent or apparent defects in equipment; 2. Use and operation of equipment; 3. Rugged remote conditions, primitive trails, rocky ground, cliffs, steep grades, vertical exposure, sharp turns, motor vehicles; 4. Weather conditions creating slippery trails, lightning, and risks of exposure; 5. Illness due to dehydration, heat exhaustion, hypothermia, fatigue, etc.; 6. Dangerous wildlife such as jagged junipers, cacti, poison ivy, scorpions, bees, wasps, poisonous snakes, etc..
4. I understand and acknowledge that no medical benefits will be provided to me during this event. I certify that I (or those under my guardianship) am/are in good physical condition and have no maladies that impair motor skills, endurance, or could hinder or effect in any way emergency medical attention. I have no allergies to bee stings, animals, plants, or substances that I may come in contact with on this tour. I carry personal accident insurance sufficient to cover property damage and/or bodily injury that may occur to myself and/or any of the above mentioned minor(s) under my legal guardianship, or I am capable of personally paying for any and all such expenses or liability. I understand that I am fully responsible for search and rescue charges should the need arise during this event.
5. \_\_\_\_\_ Initial at time of tour. I have inspected rental equipment and deem it safe for use. I warrant that I have received instruction in the safe and proper use of the equipment listed on this form. I hereby state that I understand how to use the brakes and shifting mechanisms on listed rental bike(s). I understand that rental bicycles are equipped for daytime use only and any use of the bicycle after dark is at my own risk.
6. I accept full responsibility for any loss or damage to rental equipment beyond normal wear. I understand that, upon return of rental equipment, damage assessed by Dreamride to be caused by negligence, accident, or abuse requires immediate payment in full to cover replacement parts and labor. I further agree that any adjustments performed by myself on said equipment are subject to readjustment by Dreamride at my expense.
7. ***I am aware of the following conditions on bike rental and \*tour cancellation policies:*** A. All rental fees and tour fares are in advance; B. There is an additional cleaning fee of \$15 for a bike returned in muddy condition; C. Rental bikes must be returned immediately after completion of each daily ride; **D. All deposits and fees are not refundable; E. Absolutely no refunds for no-shows or late arrivals; F. There are no refunds for cancellation of day tours for any reason except weather. All decisions regarding weather cancellation are made by Dreamride staff only. G. There is a 50% refund on vacation packages if canceled from 45 to 65 days prior to departure and there are NO REFUNDS ON MULTI-DAY PACKAGES IF CANCELED LESS THAN 45 DAYS BEFORE DEPARTURE DATE.**

\*If you are worried about loss of monies due to cancellation, you may purchase cancellation insurance from a local travel agent.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_





# THANK YOU FOR DREAMING

*We want to sincerely thank you for choosing Dreamride for your mountain bike vacation. Your Dreamride vacation is an adventure and a statement. It says that you value solitude and real mountain bike challenge over the huge cattle drive camping trips that are the norm in this business. It says that you understand the value of being low profile and efficient. You have chosen the smallest tour company in America with the biggest reputation for quality, the most environmentally focused mountain bike outfitter anywhere, serving the renowned Mecca of mountain biking, Moab, Utah. By your choice you are saying, "I want challenge, to experience THE INCREDIBLE WILD on state-of-the-art human-powered machines, and truly leave no trace." Let's get this job done.*

1. Read, sign and return\* the waiver/statement of risk and questionnaire. Your understanding and communication of information in these papers is very important to our business and to the guides who will serve you. Try to be as thorough as you can in filling out the questionnaire.  
\*Failure to return vital paperwork may result in cancellation.
2. Go to [www.dreamride.com/skillsindex.html](http://www.dreamride.com/skillsindex.html) and read the on-line mountain bike safety and survival guide. This is VERY important, especially if you are a first-time Moab client. Use the provided skill tips in preparation for your visit.
3. Further prepare yourself by reading Mountain Bike America: Moab, the Moab guidebook written by Dreamride founder, Lee Bridgers. If you do not have a copy, call 1-888-MOABUTAH, or order a copy from Barnes and Noble or Amazon.com. Read as much as you can about Moab, Utah. Natural science books on the desert southwest are especially helpful in understanding Moab's fragile ecology. Edward Abbey's Desert Solitaire is a good read. So is his The Monkey Wrench Gang. A particularly interesting book on the Moab area is The Uranium Frenzy, which may be found in a local library. Read up on the ancient Anasazi or Ute native tribes anywhere you can. The idea is to get to know the place before you arrive. Moab is not just a mountain bike destination.
4. Do yourself a favor and purchase vacation insurance through AAA, VISA or a local travel agent. Travel insurance covers your investment if you should get sick or there is an unavoidable event that causes you to miss your vacation. The cost is usually three to ten percent of vacation costs. One of the worst things is to have a vacation booked and just before you leave you get a soar throat and a fever. Cover you assets.